



Dr. Dana Spada, PhD, LCSW, Psychotherapist / Founder, CEO

Long before LEAF Psychotherapy became one of Monmouth County's most recognizable boutique mental health practices, Dr. Dana Spada was doing very different work in the inner city of New York. For 15 years, she worked in the nonprofit sector as Vice President of Community Based Programs, leading initiatives that supported at risk youth and families navigating poverty, trauma, addiction, and crisis. The work was intense, emotional, and deeply human. At the same time, while earning her PhD, she was quietly developing the clinical philosophy that would later become the foundation of LEAF: therapy should feel deeply personal, highly intentional, and genuinely transformative. While building her career in New York, she also founded her own private practice in Brooklyn. What began as a small independent practice quickly grew through word of mouth, fueled by meaningful client relationships and a reputation for thoughtful, highly personalized care. People connected not only to her clinical expertise, but to the way she made them feel understood. After relocating to Colts Neck, New Jersey, demand for her services expanded even further. What was once manageable as a solo practice quickly evolved into something much larger and far more ambitious. That turning point became the beginning of LEAF Psychotherapy.

Today, LEAF has grown into a modern boutique psychotherapy practice with locations in Colts Neck, Little Silver, Sea Girt, and Hazlet, serving individuals, couples, marriages, and families throughout New Jersey. The practice works with children, teens, and adults, offering highly personalized care tailored to every stage of life and relationship. But unlike many practices that feel clinical or impersonal, LEAF was intentionally designed to feel different. Every detail matters. The offices are warm, elevated, and calming, created to feel more like sanctuaries than medical spaces. The clinicians are carefully selected not only for their credentials and expertise, but for their ability to genuinely connect with people. The approach is holistic, individualized, and rooted in the belief that meaningful therapy requires both clinical excellence and authentic human connection.

For Dr. Spada, the mission has never simply been about building a successful practice. It has always been about creating a space where people feel understood, safe, and profoundly supported during the moments they need it most. Helping people, she says, is still the most meaningful work she can imagine doing. And after all these years, it remains work she feels grateful to wake up to every single day.



LEAF by Dr. Dana Spada PSYCHOTHERAPY

Colts Neck | Little Silver | Hazlet | Sea Girt
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